

Baked Kale Frittata

Makes: 4 Servings

Ingredients

vegetable cooking spray

3 cups kale, chopped

1 cup onion, chopped

1 tablespoon vegetable oil

1/2 cup water

6 eggs

1/2 cup Milk, lowfat 1% or less

1/2 cup Cheddar cheese, lowfat, shredded

1/2 teaspoon salt

1/4 teaspoon pepper

Directions

1. Preheat oven to 375 degrees.
2. Coat 9" round baking pan with vegetable cooking spray.
3. Wash and drain kale using colander. Remove stems. Chop kale. (A child could help tear leaves in pieces instead of chopping.)
4. Cut onion in half. Cut ends and discard. Peel onion. Chop onion.
5. Heat oil in large frying pan on medium heat. Add onion. Cook for 3 to 5 minutes, until onions are soft.
6. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
7. Shred cheese onto a piece of wax paper.
8. In large bowl combine eggs, milk, cheese, salt and pepper. Blend in kale mixture.
9. Pour mixture into prepared 9" round baking pan and bake for 25 minutes.
10. Remove from oven and let set for 2 to 3 minutes.
11. Slice into wedges and enjoy!

Notes

Serving Size: 1/4 of a 9" round pan